



BUS FARM
Art Contest

It's not too late! The deadline for the Bus Farm Art Contest is March 9, 2012. Go to www.sandi.net/food for details.



K C NEWS

For the Family
March 2012

Food Services Website—A Great Family Resource

Whether you want nutrition information about our menus or access to free and reduced-price meal applications, the Food Services Department website is easy to navigate and full of a wide range of resources to guide families to make schools meals the healthy choice. Our website is www.sandi.net/food where you will find information on:

- Programs:** **Kid's Choice Café** in elementary schools feature entrée choices and salad bars with fresh greens, fruits and vegetables and a variety of toppings.
- Breakfast in the Classroom** where breakfast is eaten at your desk.
- SanDi Coast Café** in secondary schools features salad bars and themed carts that are spread throughout the campus to reach students.
- Summer Fun Café** offers meals to children during the summer months when school is out at locations including schools, parks and other sites.
- Farm to School** connects schools to local farms by including local produce in the school menus. Learn how to become a Good Food Champion for your school. Keep up with Farm to School news on the F2S blog and "Like us" on Facebook at San Diego USD at Farm to School or follow us on Twitter at [sdfarmtoschool](https://twitter.com/sdfarmtoschool).
- Menus:** Find what is on all the menus today or next week!
- Nutrition and Allergens:** Make educated choices based on the nutrient profile and allergen information of current menu items.
- Nutrition Resources:** For teachers, there are links to nutrition education and garden-based resources. In the works is a nutrition resource page for families.
- Special Diets:** Find information on how to request medically necessary special diets.
- Free and Reduced-Price Meal Applications:** Apply to receive federally subsidized free meals for the SDUSD students in your family. Applications are accepted year-round.
- PayPams:** Pre-pay for school meals by a variety of methods including online through PayPams.
- Employment Opportunities:** In our "Join the Food Services Team" section, learn about jobs available in the Food Services Department.
- Kid's Choice News, Promotions, Contests, Activities:** Includes a variety of activities and news about nutrition related topics and the Food Services Department.



Farm to School-Harvest of the Month for March—California Apple Pears

Crispy apple pears, sometimes called Asian pears, Chinese pears or Japanese pears, are coming from the Jackson family-owned Kingsburg Orchards in Central California's San Joaquin Valley where over 200 varieties of fresh fruit are grown on over 9,500 acres. The orchards use drip-system irrigation to maximize water usage and use the sun for not only growing the fruit but for the solar-power system used in their packing and cold storage facilities.

For centuries apple pears were cultivated in China, Japan and Korea where it's still possible to find trees that are well over a hundred years old growing in forests or private gardens. Apple pears are relatively new to the California growing scene. During the 19th century, Chinese immigrants brought seeds to California that started our state's apple pear growing regions.

Just like the name implies, the taste of an apple pear is a mix of apple and pear: a little less sweet than a pear and a little less sour than an apple, but crunchy, juicy and delicious. They are best when allowed to ripen on the tree. Apple pears are an excellent source of fiber and a good source of Vitamins C, B1, B2, B3, K, folate and potassium.

Enjoy apple pears on the Kid's Choice Café salad bars on Thursdays in March.

Whole Foods Market 5% Day to Benefit The Bus Farm

Whole Foods Markets in Hillcrest and La Jolla have named the SDUSD *Bus Farm* as the recipient of their upcoming 5% Day. **The stores will donate 5% of their net sales on Wednesday, March 21st** to support the new *Bus Farm*. Receiving this kind of support for the creation and maintenance of the bus farm is critical for it's success. When completed the *Bus Farm* will travel to schools and serve as a hands-on learning lab that will engage students in the concepts of sustainable agriculture and nutrition.

The March 21st 5% day will feature a mock-up of the *Bus Farm*, student art contest entries, kid chefs building their favorite salads from fresh produce, and a bike-powered blender making and serving smoothie samples.

Help support the bus by shopping at these stores on March 21st, and get a coupon at the event good for a free box of Enviro Kidz Cereal with a \$25 purchase. See you there!



School Breakfast—Go for Gold

This year's theme for National School Breakfast Week (NSBW) highlights how eating a healthy balanced breakfast at school helps students shine. Every student is welcome! NSBW is March 5-9, 2012



How to Prepay for School Meals

Breakfast: - \$ 1.00 - Lunch - \$2.00

PREPAY BY CREDIT CARD

Prepay for meals by MasterCard, VISA or Discover Card using the PayPAMS meal payment system. Call 1-888-994-5100 (automated phone system) or visit our website at www.sandi.net—select *School meals/Applications* and select the link *Pre-payment for meals*, or www.paypams.com. To set up an account you will need your child's student ID number.

PREPAY AT SCHOOL - CASH OR CHECK

Put cash or checks made payable to your child's school cafeteria account in a sealed envelope. Write your child's name, birth date and teacher's name on the envelope.



School Meals are the Right Choice

SDUSD Food Services follows SHAPE California (Shaping Health as Partners in Education) guidelines for menu planning. These healthy eating guidelines are even more strict than those of the USDA. Meals are computer analyzed and provide 1/3 of the Recommended Daily Allowances (RDA). The SHAPE program insures that less than 30% of calories come from fat and that whole-grains, fresh fruits and vegetables are included in the meal. School meals are the healthy choice for every student.

We are hiring!

The Food Services Team is expanding and needs YOU now!

- > Enjoy part time work near home
- > Enjoy working with school aged children

Starting Pay: \$9.65 an hour

Food Handler's Card Required

Apply in person for this opportunity at the

Food Services Central Office
6735 Gifford Way
(Linda Vista)



San Diego Unified School District
Food Services Department
www.sandi.net—select *school meals*

This institution is an equal opportunity provider.

"Healthy Bodies, Healthy Minds"